

Planner MANIFESTATION

GETTING TO KNOW MYSELF

Answer the following questions. There are no rules. Just let your heart speak.

AM I TRULY HAPPY AND AT PEACE WITH MYSELF?
WHY? WHY NOT?

WHAT IS MY "HIGHER SELF" LIKE? DESCRIBE IN DETAIL.

THOUGHT PATTERN

Start monitoring your thought patterns. Write down negative thoughts and replace each and every negative thought with positive ones.

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

LIMITING BELIEFS

A Belief that is holding you back:

" ex. I can't change myself."

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

MORNING ROUTINE

WEEK _____

	MON	TUE	WED	THU	FRI	SAT	SUN
S SILENCE	☐	☐	☐	☐	☐	☐	☐
A AFFIRMATIONS	☐	☐	☐	☐	☐	☐	☐
V VISUALIZATIONS	☐	☐	☐	☐	☐	☐	☐
E EXERCISE	☐	☐	☐	☐	☐	☐	☐
R READING	☐	☐	☐	☐	☐	☐	☐
S SCRIBING	☐	☐	☐	☐	☐	☐	☐

MY WHY

NOTES

EVENING ROUTINE

MORNING NEEDS

☐ ☐ ☐ ☐ ☐

EVENING NEEDS

○ ○ ○ ○ ○

[illegible]

10 MINUTES TO FACE FEAR

Date

One old fear you are so ready to put behind you:

One way in which your old fear holds you back:

One way your life will be improved by overcoming it:

The final thing you would do if you could step out from behind your fear:

One very small step you can take forward that first thing:

10 MINUTES GRATITUDE

Write a thank you note to someone you wanted to thank for long time and didn't have a chance yet.

Date

One person you would like to thank:

One thing you would like to thank her or him for:

Two details to describe the thing or action for which you're thankful:

One way in which the thing or action made a difference to you:

DAILY GRATITUDE

Morning:

Date:

I am grateful
for:

I'm looking forward
to:

Daily
Affirmations:

Evening:

Good things that happened today:

Things I can do to make tomorrow even better:

GRATITUDE TRACKER

MONTH _____

The form features a circular scale on the left side, divided into 31 segments, each labeled with a number from 1 to 31. The numbers are arranged in a circular pattern, starting from the top left and moving clockwise. The segments are numbered 1 through 31, with the last few numbers (29, 30, 31) appearing at the bottom left. The rest of the page is a large rectangular area with diagonal lines, intended for writing a message of gratitude for each day.

RAISE YOUR VIBRATION

One person with whom you share your adventures:

One meal that reminds you of home:

One memory that makes you gigue:

One errand you're always up for:

One thing you believe now more than ever:

One kind of surprise that brightens your day:

One music that you love to listen:

INSPIRATIONS

PODCASTS

BOOKS

SONGS

VIDEOS

COURSES

AUDIO

MEDITATION TRACKER

DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		

MANIFEST YOUR DREAMS

HEALTH I feel vibrant and alive.

RELATIONSHIPS I feel so lucky to have loving people.

SPIRITUALITY I feel calm, centered and connected.

FINANCES I feel abundant.

MIND My mind is sharp and focused.

DESIRE WORKSHEET

DEFINING MY DESIRE

STATING MY WHY

HOW WOULD I FEEL

3-6-9 METHOD

Date

Write 3 times the name of the thing you want to manifest:

Write 6 times your intention for thing you want to manifest:

Write 9 times what you want to manifest. Be specific and visualize it.

LIST OF ATTRACTIONS

Summarize what you have previously attracted into your life and what you hope to attract in the future. Use it as a visual guide to help you practice positive affirmations and manifest the things you want in the future.

THINGS YOU HAVE ATTRACTED
INTO YOUR LIFE

THINGS YOU WANT TO ATTRACT
INTO YOUR LIFE

ABUNDANCE MINDSET

WHO I WANT TO BE?

WHAT I WANT TO HAVE?

LETTER TO UNIVERSE

This letter exercise will help you clear your mind from fears holding you back. Therefore, clearly state your desire and do not forget to show your gratitude and be proud of what you've been able to accomplish.

MANIFESTING CHEAT SHEET

IDENTIFY

I want to manifest [your desire] because it will make me feel [identify the emotions this manifestation will give you]

DAYDREAM

What will it feel like when your desire becomes a reality? (Use present tense, ex: I feel, I am, I am thankful...

ALIGN

List what you can do TODAY to practice feeling the feelings from part 1.

VISION BOARD

Career / Business	Finance
Family / Friends	Love
Personal Growth	Health
Leisure	Mind

MANIFESTING HEALTH

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING WEALTH

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING BUSINESS

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING CAREER

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING LOVE

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING FAMILY

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING FRIENDS

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING TRAVEL

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING HOME

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING CAR

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

VISUALIZATION REFLECTION

DURING MY VISUALIZATION I SAW:

DURING MY VISUALIZATION I FELT EMOTIONS:

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:



WHAT I'D LIKE TO SEE MORE OF:

WHAT I'D LIKE TO SEE LESS OF:

MANIFEST YOUR WISH

You Wished For:

One Reason You Made Your Wish:

Things You Can Do To Make Your Wish Come True:

SETTING INTENTIONS

MY INTENTION FOR THIS YEAR/DAY:

DESCRIBE IT

HOW DOES THAT INTENTION MAKE YOU FEEL?

HOW DOES THAT INTENTION MAKE OTHERS FEEL?

WRITE 3 OR MORE WAYS HOW YOUR INTENTION IS SERVING YOU RIGHT NOW:

WHAT DO I NEED TO LET GO

LETTING GO WORKSHEET

WHAT I'M LETTING GO OF

HOW I FEEL

STEPS TO MOVE FORWARD

HOW THIS WILL HELP ME

DRAW A SYMBOL OR A FEW WORDS ABOUT LETTING GO

MY 10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

BODY MIND SOUL

[illegible][illegible][illegible]

RECEIVING IN WORKSHEET

WHAT I'M RECEIVING IN

HOW I FEEL

AFFIRMATIONS

HOW THIS WILL HELP ME

DRAW A SYMBOL OR A FEW WORDS ABOUT RECEIVING IN

PERFECT DAY

WHAT DOES THE TYPICAL DAY LOOK LIKE FOR ME?

WHAT'S MY INCOME?

INCOME SOURCE?

WHAT EXCITES ME MOST ABOUT LIFE NOW?

ADVISE I WOULD GIVE TO OLD ME

MONEY BLOCK SELF TALK

Topic of Conversation:

What You Said:

From Whom This Idea Came From:

Why You Said It:

What Happened Next:

How You Feel About It:

What You Learned:

EDIT MONEY BLOCKS

MONEY BLOCKS



EDIT

MONEY BLOCKS



EDIT

MONEY BLOCKS



EDIT

MANIFESTING MONEY

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF

FOR

SIGNATURE

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF

FOR

SIGNATURE

THE UNIVERSE BANK

DATE

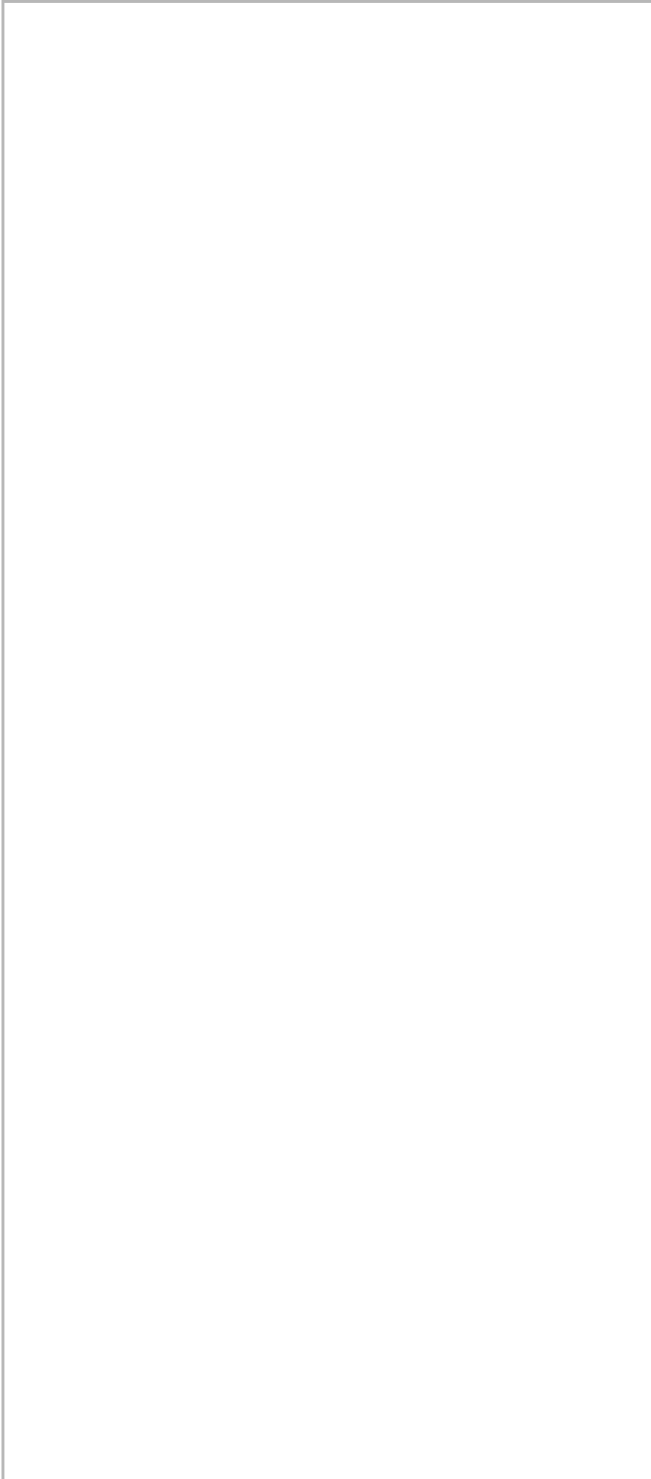
PAY TO THE ORDER OF

FOR

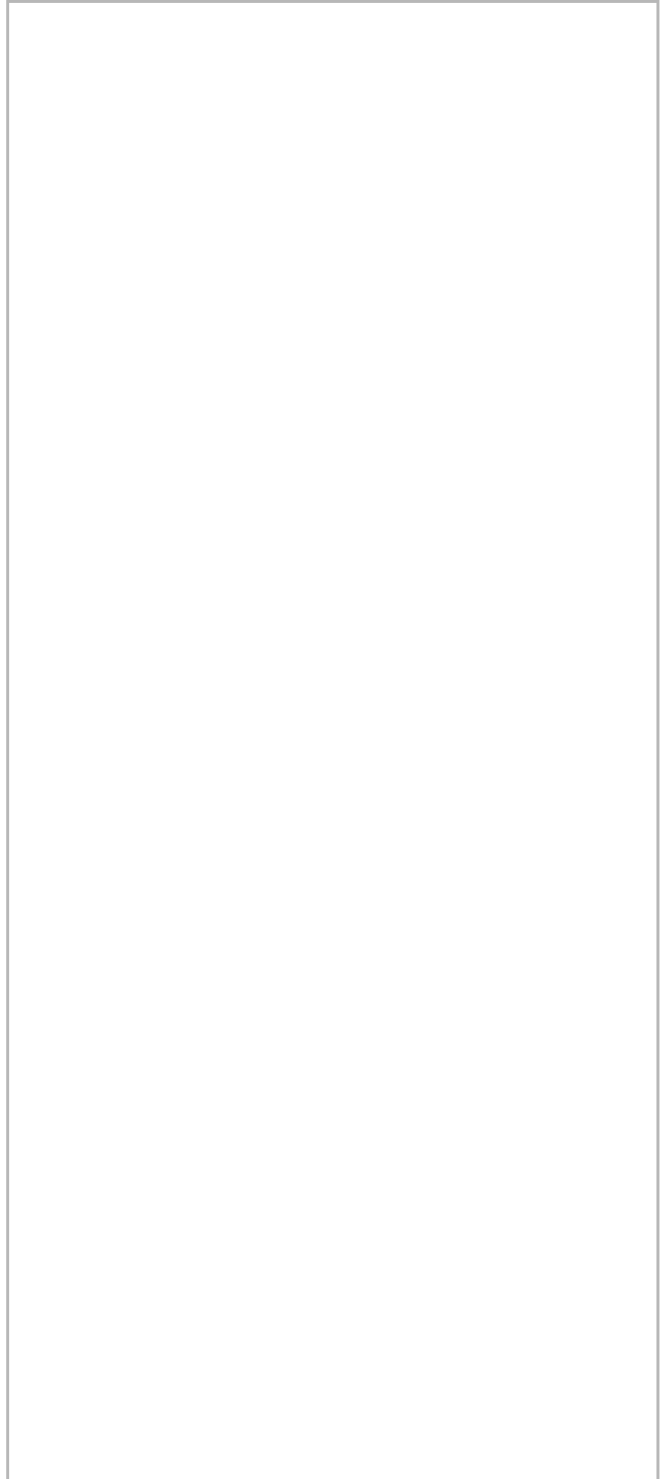
SIGNATURE

MY BELIEFS ABOUT MONEY

MONEY IS

A large, empty rectangular box with a thin black border, intended for writing personal beliefs about money.

MONEY SHOULD

A large, empty rectangular box with a thin black border, intended for writing personal beliefs about money.

10 WAYS OF THINKING

When we are kind to ourselves and speak with good intentions, we are more likely to attract good things. Write down 10 ways of positive thinking.

1

2

3

4

5

6

7

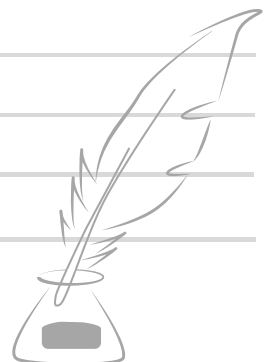
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9

10

LETTER TO FUTURE ME

Write a letter to the future: set goals for yourself, make a prediction about the world. Envision the future, and then make it happen.



CELEBRATIONS & REWARDS

WHAT I AM CELEBRATING

HOW I AM CELEBRATING

WHAT I AM TREATING MYSELF TO

TO DO

NOTES

DAILY MINDFULNESS

M	T	W	T	F	S	S
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TOP DAILY AFFIRMATIONS

GRATITUDE

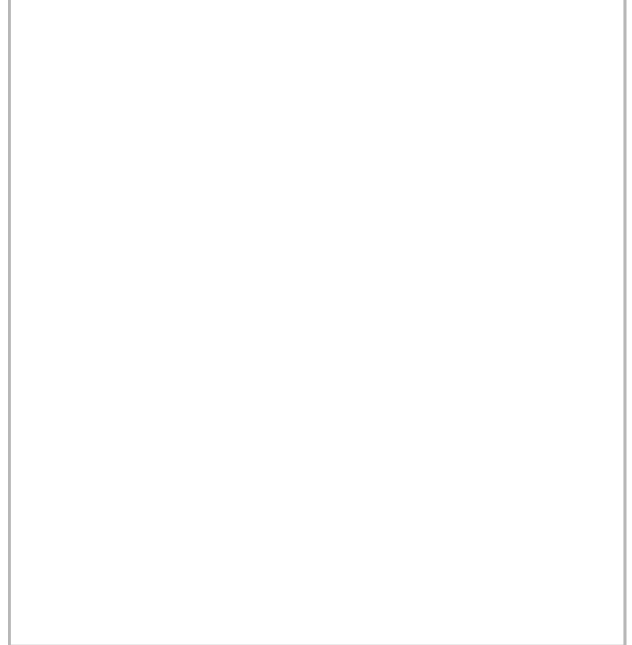
NOTES

MANIFESTING FOCUS

FOCUS FOR TODAY

A large, empty rectangular box with a thin black border, intended for writing the focus for the day.

STEPS TO REACH MY GOAL

A large, empty rectangular box with a thin black border, intended for writing the steps to reach the goal.

AFFIRMATIONS FOR FOCUS

A large, empty rectangular box with a thin black border, intended for writing affirmations for focus.

DRAW A FOCUS SYMBOL OR WHAT YOU'RE FOCUSING FOR

A large, empty rectangular box with a thin black border, intended for drawing a focus symbol or what you're focusing on.

MANIFESTING GOALS

GOALS

WHAT WILL IT LOOK LIKE WHEN I ACHIEVE THIS?

HOW WILL I FEEL WHEN I ACHIEVE THIS?

MY STEPS

DATE I PLAN TO MANIFEST THIS

MANIFESTED DATE

PERSONAL PLANNER

MONTH

SUN

MON

TUES

WED

THURS

FRI

SAT

MONTH GOALS

-
-
-
-
-

NOTES

WEEKLY REFLECTION

SUNDAY

MONDAY

TUESDAY

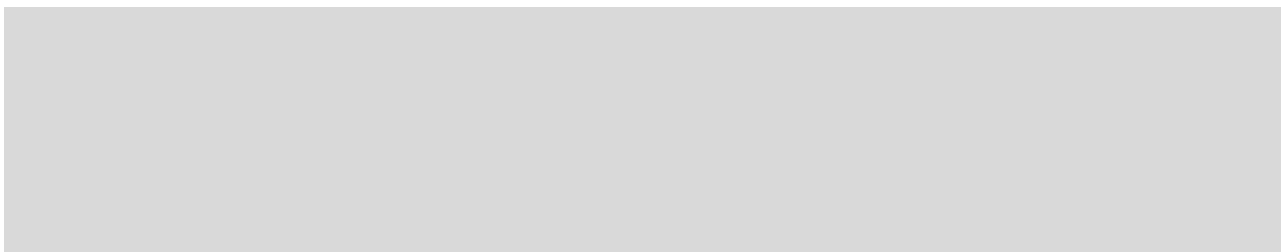
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES



MONTHLY REFLECTION

Best things that happened this month...

Who were the best people of the month
(why?)...

What can I do to make next month even
better...

YEARLY REFLECTION

The best things that happened this year...

The best people of the year(why?)...

What I learned this year...

I'm most grateful for...

What I am doing to make next year even better...

MANIFESTATION UPDATES

CAREER

BUSINESS

FINANCE

HEALTH

FAMILY

FRIENDS

MANIFESTATION UPDATES

LOVE

LEISURE

PERSONAL GROWTH

MIND

TRAVEL

NEW THINGS

BUCKET LIST

Achievements

On this side, write down all the things you want to ACHIEVE in your life - physically, financially, relationship wise, in your career etc.

Experiences

On this side, write down all the things you want to EXPERIENCE in your life - happiness, new places, foods etc.

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MY NEW REALITY

JOURNALING

JOURNALING

JOURNALING

